

UNITY DAILY WORD

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HEALTH. HAPPINESS and PLENTY

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*Through the Spirit of truth within me, I know,
see, hear, and speak only Truth.*

*I am strengthened and healed by the power of
the Spirit in the inner man.*

*The Spirit of truth quickens and increases my in-
nate spiritual riches, and abundance appears in all
my affairs.*

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.



Purification

When the True Lord dwelleth in
the heart,

All sins disappear.

—*From the teachings of Sikhism*



WIDE WALLS

Mildred Keith Brown

I pray for wide, wide walls
 To build my house of life:
The north shall be of love
 Withstanding hate and fear;
The south, of tolerance,
 Broad-mindedness so dear;
The east, a wall of faith
 That stronger grows each day;
The west, of bounding joy,
 Though day fades still away;
The threshold 'neath my feet
 Shall be security;
The roof, the sky itself,
 Of wide infinity!
O Lord, I want wide walls
 To build my house of life.

"He That Sitteth in the Heavens"



THE MAN on the mountain top has a view entirely different from that of one who lives in the valley. From a high elevation he commands a view of vast breadth and distance compared with that of the man in the valley. Mystics and seers of all times have written of the "high" vision, knowing that from on high comes the power to command things of the world. David sang, "I will lift up mine eyes unto the hills, from whence cometh my help."

In another place in the Psalms, we find, "He that sitteth in the heavens will laugh." Interpreted in the understanding of Truth, this means to us that we can smile at things of the world when we abide in the high consciousness of Truth. Living in the consciousness of our power to overcome, we can laugh at the nothingness of all the claims of the material world.

Do problems of the world disturb and vex you? Then you are not sitting "in the heavens." Are you unable to laugh at the many little situations that come up during the day, situations that are worth no more than a laugh? If you cannot, you must take your place in the heavens, you must rise to the heavenly consciousness whence you can look upon the world about and beneath you, knowing that through the divine spark within yourself you can command all things.

Keeping your eyes upon the heavenly hills, keeping your vision upon God, you find that help comes to you. You are given power to take

charge of your life. Living is not difficult for you. You claim the promise of laughing and smiling from your high place of vantage.

Today, if some problem is presented to you for solution, you may know where you abide by the way the problem appears to you. If you cannot master it and cannot laugh at its simplicity, you may know that you are still wallowing in the valley of hopelessness and despondency. If you have the inner assurance that Christ in the midst of you is solving it, then you truly abide in heaven. You are sitting in the heavens and you are laughing at the claims of materiality.

Laughing has never seemed to be characteristic of the Christian, and yet we find a number of instances in the sacred books to justify our laughing at things of the world. As we evolve and progress in spiritual understanding, we are struck with the insignificance of things that at one time would have had power to disturb us. We understand more and more the meaning of what advanced metaphysicians call the nothingness of matter.

What if all Christians were suddenly to awaken to the truth that living in itself is but a hearty laugh! What if we were suddenly to see that the problems of the world, the claims of matter have no power to make us despondent and depressed! What if we were to read a new interpretation into the teachings of Jesus and see that living with Him is victorious and happy living! Surely the person who lives in the con-

sciousness of the Christ within him has a reason to smile through all situations.

Are you sitting in the heavens today? Are you firmly established in that high consciousness whence you can look out upon the world about you and smile? Do you realize that the smile emanating from the Spirit within you has power to transform the world about you? There is a reason for your sitting in the heavens. You have been brought to a high state of consciousness where you are able to take a joyous view of life. The Spirit within you has quickened you to this exalted consciousness so that you may do your part in relieving the world of its sadness and distress. As a student of the higher truths, your duty is to spread the philosophy of smiling and to help make Christianity a philosophy of joy and victory.

If you have not been used to sitting in the heavens, ascend to a higher consciousness today. Take command of your life. Laugh! Smile at the little personal problems to which yesterday you gave power to hurt your feelings. See their insignificance. Realize that there is something within you that can never be affected by the things of the world. Sit upon your throne and let no adverse thought cast you down.

What a new life will be shown to you from the hilltops! How your heart will rejoice to do its part in smiling! Cares and worries will disappear never to return, as you sit in the heavenly understanding and smile. You will smile because Truth is victorious.

THE CENTER OF POWER



IF YOU were called upon to locate the center of power, where would you place it? Would you locate it inside or outside yourself? In other words, is there something within you that has power over your life and the world about you, or does there seem to be something outside of you, in the world about you, that has power over you?

We believe that every person belongs to one of two classes. Either he realizes that the seat of power is within himself or else he thinks that it is in the world. He thinks that Christ in him has command of the world or else he thinks that the world has command of him. We can see that every one necessarily comes under one of these classifications.

The student of the teachings of Jesus comes to locate the Christ within himself. He finds that Christ exists at the very heart of his being. He discovers, when he turns to this presence of Christ, that no worldly power can affect him. He ceases to think that things and circumstances of the world can harm him.

The person who does not have this understanding believes that persons and things in the world can influence him. He lives in personal consciousness. He believes in the power of other persons. He thinks that things can make him unhappy. He thinks that things can, in some way, conspire against him and bring chaos, unhappiness, and poverty into his life.

Virtually the whole study of Truth is to bring the individual to the knowledge that

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Christ is in him. Jesus brought to suffering humanity the doctrine that men should turn from worldly and material things and turn to Christ, the Truth. He sought to turn men from the belief that the center or seat of power is external to them and to have them know that His presence within them is the seat of power. He sought for them to realize that the world has no power over them but that He is omnipotent.

When you are troubled again, challenge yourself with this question: "Where is the seat of power?" Ask yourself if in Truth it is in the things that appear to disturb you? Ask yourself if Christ is giving power to things of the world or if He is giving you power to command them. Ask yourself if He has given another power to harm you or if He has given you power to know the Truth.

Christ, omnipotence, reigns in you. Do you believe in anything other than omnipotence? Nothing in all the world can reign over you, because in Truth there is but one throne of power, that of your indwelling Christ. Christ knows no opposition, no rival.

If you should have a difficult problem to solve today, ask yourself where the seat of power is. If it is in the problem, then the problem has such power that it cannot be solved. If it is lodged in the Christ in you, then the solution of the problem comes with this simple realization. Remember that any personal problem presented to you for solution is one that you can solve. The fact that it has been given you

carries with it the assurance that you can solve it. In your present understanding and development you only attract to yourself the personal problems that you can solve. You can see that the great plan of life would not present to you a problem too difficult for solution.

Your only difficulty in solving any problem lies in your difficulty in locating the seat of power. The more you believe that there is power superior to your own in the problem involved, the more difficult it becomes for you to realize the truth that you have the power of solving it within yourself. The time required to solve your problem is the time it takes you to realize the powerlessness of the problem and the powerfulness of your indwelling Christ.

Christ in you is your indwelling power to do all things. There is nothing too difficult for Him. There is nothing in the world about you that can limit the power of Christ in you or withstand the work of Christ when you are conscious of His presence. There are no health problems, personal problems, or financial problems that Christ in you cannot solve. Your power to solve them lies in your ability to realize that they are not too difficult for you, that Christ in you can solve them. Often challenge yourself with this query: "Where is the seat of power? Where is Christ—in the world, or within man?" If you realize that Christ, omnipotence, is within you, the so-called power of the world cannot affect you.

THE ANSWER WILL COME



A MAN who had spent several sleepless nights in worry recently told how he was almost instantaneously cured of sleeplessness and worry. He said that after retiring his mind would become so active in thinking about his affairs that he would spend almost the whole night in mulling over whys and wherefores, rehearsing conversations, recalling to mind what other persons had said or done.

He was a man who had studied Truth for a number of years, and all at once there dawned upon him the realization that the whole of his thinking during such times of worry was a vain philosophy. He was philosophizing from the wrong standpoint. He was reasoning out something from the wrong premise. He saw that the thing he was worrying about had been built up in his mind through his allowing himself to believe in a pseudophilosophy. However, his thoughts continued to run riot.

He tried the use of several affirmations of peace, but to no avail. He saw that they were able to give but temporary relief, and that the main issue of his worry persisted. Suddenly, there flashed upon his mind these words: "The answer will come." Whenever a worry thought came to mind, he met it with the statement "The answer will come."

He began to see that there was something truly magical in the words. He was not trying to keep from worrying; he was really handling the worry. He realized that it would be im-

possible for the answer not to come. His mind began to become quiet because he found he could not think two opposing thoughts at the same time. He became so interested in realizing that the answer would come that he could not continue to think about the thing that had worried him.

He began to see that through his mental attitude he was not only praying but that the answer to his prayer was definitely on the way. He found that the simple thought "The answer will come" was increasing his faith in God and in himself. It quickly brought him peace of mind and restful sleep, and the morrow brought the answer he needed.

Most of us will recall to mind the little story we used to hear of the little boy who was asked on examination day if the questions bothered him. His reply was that he was more concerned about the answers. When we have questions to be settled, what if we should take our thought off the questions and give more thought to the answers! Should we not find that the answers would come more quickly? Should we not see that the answers would be given more readily when we ceased to be concerned about the questions?

If you have a decision to make today, cease to think about the two propositions. Cease to try to weigh the matter in your mind. Know that the answer to your question will come, the right decision will be pointed out to you. Take your thought off the question so that your mind

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will be receptive to the answer.

If the question in mind is one of disease, the answer will come as you come into a clearer realization of health. If the question is one of lack, the answer will be one of supply. You can see that the answer is sure to come. The answer to your prayer will not be withheld. Meditating upon the statement "The answer will come" will give you an ever-deepening conviction that it does come, that it is definitely on the way.

Many inspiring poems have been written during the last few years of trial. Many of them carry the sentiment that somehow God answers prayer. They convey the message that God finds a way and that we do not need to worry about how He does it. They carry the conviction that the answer to prayer does come, that it cannot be delayed, that God does not fail us in our seeming extremity.

When you find yourself giving your mind to the vain philosophy of worry, increase your confidence in the answer to prayer. Meet the worry thought as if it were one that would try to make you doubt God. Declare, "The answer will come." You need not affirm this tensely or try to make its truth more potent through making a strong mental effort in thinking it. It is strong enough to fight its own battles and to make its own way. It will deliver you from anxiety and worry.

Rest in the confident knowledge that the answer you seek is being given you.

THE THOMAS FAMILY



AT THE TIME of the resurrection, when the disciples told Thomas that they had seen the Lord, he expressed doubt. He had first to see the nail prints. When Jesus appeared to Thomas, He told him that he believed in Him only because he had seen Him. Jesus gave this message to all doubters: "Blessed are they that have not seen, and yet have believed."

Let us give the name "Thomas family" to all those who doubt the teachings of Truth and the power of Christ. Let the name include all who refuse to believe in Christ because they have not seen Him. Let it include those who delay their freedom or healing because of their doubt.

If you have not made the demonstration you have been trying to make, ask yourself if you are a doubting Thomas. If you have faith, your faith will stand even in the face of opposition. Faith is not something that you can exercise only when there is no occasion to use it. Your faith is something to use when according to appearances things seem to be against you.

Thomas did not believe in Jesus until he could make a physical contact with Him. He did not believe in a mystical Christ. His Christ was only something of the three-dimensional world. Those of the Thomas family know not the spiritual man.

We recall a story about a man who once said to a preacher: "How do you know there was such a person as Jesus? Did any one ever feel

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Him with his hands?" The preacher, in an answer that possibly was too subtle for the questioner, replied, "Yes, Thomas did." So Thomas becomes a symbol of the doubter. Peter, in turn, symbolizes faith. To the house of Peter belong those who believe in the Master. Trials but help to increase their faith.

Sometimes in a household we find but one Peter in a family of Thomases. That one person may be a student of practical Christianity, he may be endeavoring to make a practical application of the teachings of Jesus, only to be discouraged on every hand by the Thomases. Of course, the Thomases think that the Peter in their midst is pagan and heretical. They want to see miracles performed right before their very eyes. They refuse to believe in what Peter calls Truth if there is any delay in the demonstration.

If you are a Peter surrounded by Thomases, you need to be very wise in what you do. You need to talk less about the beauty of Truth and instead let its fruits become evident through your life. You need to avoid personal antagonism in the home and let the Spirit of Christ do its good work.

You but set up a barrier in your home to the workings of Spirit by getting into personal situations by your arguments for Truth. Better by far would be your keeping silent that the Spirit of truth may make itself known. Better to let the Thomases be won over to Truth through the certain work of Spirit within you.

Man has the power to think whatever he wants to think and to pray whenever he wants to pray, without letting those about him know what he is thinking or why he is praying. He can turn in thought to the Christ within him at any time and in any place. He can do this without seeming to advertise to his family or associates that he is "holier" than they are.

Never believe that the Thomases around you can keep you from progressing in your spiritual understanding. No one in all this world can keep the Spirit within you from causing you to go forward and higher. The Thomases about you should but serve to deepen and increase your faith. In this way they become a blessing to you. They cause you to turn more often to the presence of Christ and thereby to receive more and more of His blessings.

The one Peter in the family or neighborhood of Thomases must continue to be faithful to the Truth he possesses. He must let each discouragement but serve to increase his consciousness of the presence of Christ. When those about him seek to see the physical Jesus with the actual nail prints, he must behold the mystical presence of Christ in their very midst.

When in his business life, his associates doubt the goodness and omnipotence of God, he must be true to Principle, loyal to Christ. The stronger the appearance of the power of the Adversary, the more strongly must his faith increase.

GOD'S TWO HANDS

A beetle struggles on the ground
Upon its back, its plight profound;
Its strength is spent in efforts vain;
It fails to right itself again.
But from its heart a sigh, a cry
For help went out: A child comes nigh!
Its helping hand, O bug unwise,
Is but a hand from heaven's skies.

A modern city, modern street,
Where automobiles pass and meet—
Headlong they come! "O God, protect!
Save human lives from such a wreck!"
Invisible, a hand of steel
Then turns aside the steering wheel!
That unseen hand, O man unwise,
Is but a hand from heaven's skies.

THURSDAY, FEBRUARY 1

The peaceful presence of Christ fills my heart, and I am at peace with all things.



WHEN YOU are inclined to be disturbed by persons and things and disturbed by an inharmonious state of mind, change the current of your thought and see how quickly the state of external things will change. Turn to the peaceful presence of Christ within you and see how quickly you become at peace with all things.

The peaceful outlook upon life comes from our being established in a consciousness of peace. If we think only thoughts of peace, we cannot be inharmonious, neither can we think of external things as having power to take our peace from us. The greatest destroyer of peace is the belief that the things of the world can take it from us. We must learn that in Spirit our peace is constant.

Realize that you are not disturbed by things themselves. You are affected only by your thoughts and reactions. Your inharmonious thoughts interpret things in the world as having power to make you inharmonious. Your realization of the truth about your indwelling sense of peace causes you to realize that all things are at peace.

Now the God of peace . . . make you perfect in every good thing.—*Heb. 13:20, 21.*

*I am free in mind and in body because
my consciousness of Christ has set me
free.*



LET CHRIST represent freedom to you. Jesus came bearing the message of freedom, delivering it to all humanity, and especially conveying the message to you personally. Freedom is not only the birthright of man; it is yours right now and here. It is your freedom from sin, sickness, and lack. It is your freedom from that which you believe at this moment is holding you in bondage.

When Jesus brought Truth to mankind He became its Savior. He saved man from the effects of misconceptions about life. He set man free from the bondage that had resulted from his believing that which is not true. He showed man that in Truth he is absolutely free.

You become free when you reach the consciousness of freedom, when you admit to yourself that you are no longer in bondage. You arrive at this consciousness through the study of Truth and through realizing that the very presence of Christ within you is the innate assurance that your freedom is perfect.

Go forth this day in the realization that you are free from all bondage, free in Christ.

If therefore the Son shall make you free, ye shall be free indeed.—*John 8:36.*

*In Truth there is only one god: God,
the good.*



ARE YOU inclined to believe in many gods? When religiously minded, do you believe in but one God; at other times, do you think that God has a malevolent rival? Do you sometimes think that even though God is good, He is capable of being evil or of producing sin and evil?

In Truth we know that God, the good, is the one and only presence and power. We realize that in Truth there cannot be a rival presence or power. We see that neither sin nor evil has godlikeness or godhood. We know that God, the good, is the one and only God.

When evil seems to have reality, when it seems to usurp the place of God, turn in thought to God and meditate upon His presence and power. Become so conscious of the reality of God that you know there can be no reality of evil in Truth. Know that God's presence of good so fills your life that He does not share His presence with anything unlike Himself.

Meditate upon the omnipresence and omnipotence of God to such an extent that you are no longer a believer in evil. Know that God is all in all. Realize that even in the face of the appearance of evil, the truth of God's omnipresence and goodness prevails.

Hold fast that which is good.—*I Thess. 5:21.*

SUNDAY, FEBRUARY 4

God is the law of good, the principle of Truth now operating in my life, and I place all my affairs in His keeping.



F YOU believe that some law of misfortune is working in your affairs, if you think that ill luck has appeared because of such a law, you need to know the truth about the law of good. You need to realize that the law of good has no opposites in Truth. You need to know that, since in Truth there is but one God, there is but one law of good. With this understanding will come the realization that evil has no principle to sustain it.

Do you not realize that the law of God is back of all existence and that things could not exist but for this law? It is the foundation or background of the world. But for law everything would be chaos. The law of God is responsible for the orderliness of the universe.

Do not think of yourself as ruled by adversity. Cease to believe that you can be under the power or influence of adverse laws. Realize that in Truth there is but God and His law of good. If you abide in this, you can place yourself and all your affairs in God's keeping, realizing that only the principle of good prevails.

The law of Jehovah is perfect, restoring the soul.—*Psalms 19:7.*

MONDAY, FEBRUARY 5

I am no longer given to worry and anxiety. My knowledge of Truth makes me carefree.

WE WORRY when we believe that other persons and external things have power over us. This belief causes us to become anxious about our own well-being. We are free from such worry when we realize that external things have no power over us and that Christ in the midst of us has all power.

When you find that you are worrying, face the situation in the right way. Take your thought off that which seems to make you anxious. Learn to direct your thought into constructive channels. Cease to think of the thing you are worrying about as important. Know that the most important thing you can think about is the truth of Christ.

The anxious person is always given to thinking about persons and things. The external world, to him, occupies his mind to the extent that he believes his whole life is influenced by the state of things about him. He becomes anxious because he believes that he has no control over things.

If you would be rid of the worry habit, think less about the power of things over you and more about the power of Christ in you.

Be not therefore anxious.—*Matt. 6:34.*

TUESDAY, FEBRUARY 6

Through the power of Christ in me, I am in command of all the affairs of my life.



WHAT has power in your life? Christ, the Truth, or the belief in adversity? Christ or external things? If you believe that external things have power over you, you give them such power. If you believe that through you the Truth and power of Christ will prevail, they will do so.

You can see that you give your own inherent power to other things when you believe that they have power over your affairs. You can readily see that if you give your own power to things, they in turn have power over you. Believing in your own power—the power of the inherent Christ—you are given power from heaven.

Neither sin, nor evil, nor disease, nor failure can have power over you when you realize the power of Christ, the Truth. Negative conditions cannot prevail in your life or appear to have power over you when you are established in Truth. Adversity cannot have power when in consciousness you have realized its powerlessness in Truth.

Think often of the power of Christ, less and less of the power of external things.

Ye shall receive power, when the Holy Spirit is come upon you.—*Acts 1:8.*

WEDNESDAY, FEBRUARY 7

*I know that Christ is ever in His
heaven and that He abides in me.*

IF LIFE does not seem heavenly to you, the reason for this may be that you have not learned where heaven is. If you have thought of heaven as existing apart from you, then this sense of separation separates you from it. If you have believed that heaven exists in the future, you put off enjoying it until the future. You can see that you need to correct your thought about heaven in regard to both time and place.

Heaven is a harmonious state of consciousness. In this consciousness we behold ourselves and all things in their right relationships. We think clearly and see ourselves in the right relation to Christ in the midst of us.

The heavenly minded person is he who has cast from mind all belief in the reality or power of sin, evil, disease, and want. He thinks in terms of heaven—peace, joy, love, fearlessness, health, and plenty. He thinks thoughts of heaven, thoughts of Truth.

In the heavenly vision we behold ourselves and all others, all things and all circumstances in divine order, enjoying the blessings of God.

I was not disobedient unto the heavenly vision.
—Acts 26:19.

THURSDAY, FEBRUARY 8

The joy of the presence of Christ in the midst of me now fills me with enduring joy.



OUR STATEMENT for today points us to two truths: the presence of joy within us, and the enduring quality of this joy. When we realize that we have the presence of Christ within us, we know that this is the very presence of joy. We feel that we cannot entertain a thought of sorrow or depression when joy is established within us. We know that this joy cannot be changeable or fleeting and we realize that it endures forever.

Think of joy as something that is constant and unaffected by external conditions. If you rejoice in the presence of Christ within you and feel your oneness with His joy, it cannot change. When you are established in His joy, the condition of external things will not have the power to make you unhappy.

Joy emanates from the presence of Christ as light radiates from its source. Being conscious of Christ within us, we become conscious of His joy. We become so interested in Him that we find the things of the outer world to be secondary in importance.

The joy of Christ within us is ever our joy, our joy in times of stress and strain.

The joy of Jehovah is your strength.—Neh. 8:10.



GOD ASKS BUT THIS



That which your God requires of you—easy w
He asks but this one simple thing: that be ev
He asks of you to think His Truth, be to Him
Be ever thinking, living Truth—be true'er yo

God would that you be true to Him and return
The best He has of heaven's wealth. Little t
You think His Truth about yourself—health
You think the Truth about His love—His you

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FRIDAY, FEBRUARY 9

The Spirit of courage within me frees me from all sense of fear, and I abide in fearlessness.

FEAR appears to be the great enemy of man. He fears other persons and external things, death and the future, a change in finances, and a myriad other things. Fear arises from the belief that man is not in dominion, that things have power over him.

We must always recognize fear as our own adverse thought. It is a mistaken belief. It comes from seeing things in wrong relationship. The fear thought causes us to look upon the outer world as able to harm us. We are directed away from the truth of our own dominion over all things.

Cease to think of things when you are afraid and give your attention to correcting your thought. Fear increases as long as you allow the thought that produces it to remain in mind. Your thought makes you afraid regardless of the state of things about you.

The presence of Christ within you is the presence of divine courage and fearlessness. You cannot fear when you realize that you are one with the very Spirit of Christ.

Peace be to you, fear not.—*Gen. 43:23.*

SATURDAY, FEBRUARY 10

I patiently witness the work of Spirit now being done in all my affairs and I know that all things are working together for good.



WHEN WE are patient, we are ready to stand aside and let the work of God be done. We are willing to be free from all sense of personal responsibility and let God manifest good in our affairs. We know that all is well.

If you are impatient, you are so because you are not certain that God's perfect work will be done. You may believe that some power other than Omnipotence will cause havoc in your affairs. You may be uncertain when God's work will be done. In fact, you may even believe that His work will be delayed.

We develop patience by learning to rely upon God even in the face of disaster. We stand patiently aside and with confident assurance know that all things are working together for our highest good. We realize that nothing can hinder or limit the work of God, the good.

Take your thought off that which makes you impatient. Increase your trust in God. Realize that He is bringing good to pass and that no power can prevail against Him. Know that His work cannot be delayed or thwarted.

Bring forth fruit with patience.—Luke 8:15.

I rise out of all doubt and increase my faith in God, the good.

FREEDOM from doubting God comes from increasing our faith in Him. Our doubt decreases as we behold more and more of His goodness. We cease to doubt when we give our entire thought to Him and continue to meditate upon the blessings we receive from Him.

The person who doubts shows that He has not fully understood the nature of God and his own relation to Him. He doubts because in his ignorance of God he has not comprehended His goodness. He is lacking in faith in God because he has a measure of faith in things unlike God.

Faith in God is an inherent quality in man. He always has an assurance of the power of good even though to sense he may appear to himself to believe in evil. His study of Truth causes him to increase his faith. Something within him is awakened, and he discovers that he has more faith in God, the good, than he has in the power of evil.

You can rise out of all doubt in the goodness of God just by thinking of God rather than of the opposite of God.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

MONDAY, FEBRUARY 12

The thoughts of my mind now conform to the mind of Christ, and I am Christ minded.



OUR STANDARD of thinking is the mind of Christ. We seek to make our every thought conform to this standard. Through the study of the Bible and practical Christianity, we become acquainted with the mind of Christ and desire to be Christ minded. We desire to give up thoughts of inharmony, fear, disease, hate, and lack in order to think the thoughts of Christ—thoughts of peace, joy, courage, life, health, and plenty.

We serve God through spiritual thinking. We think those thoughts which conform to the mind of God and thereby become spiritual-minded. We may know that we are identified with the mind of God when we find that we think spiritual thoughts to the exclusion of thoughts of adversity and error.

Thinking spiritual thoughts, we build a consciousness of Divine Mind. We shall arrive at that place in our spiritual evolution where we have overcome all thought of sin, evil, limitation, and adversity. No thought in opposition to God will exist in our mind when we are ruled solely by the mind of God.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

The life of Christ in me is now manifest as my own bountiful and vitalizing life.

K NOW that the presence of Christ within you is also the presence of life. This is the very life of your existence, sufficient for every demand. When you realize that His life is the life of your physical body, you can never be exhausted. His life is abundant. It refreshes and vitalizes you.

We live in Christ, are at one with His life to the extent that we are aware of His presence and appropriate His life. He does not force us to accept Him or to make use of the stream of life that flows within us. This stream is cleansing and regenerating. It energizes and strengthens us.

The life of Christ is the only life we can ever know. No external agent can quicken us to a consciousness of it. We must turn in thought to the presence of Christ and consciously unify ourselves with His life. We need to realize that in Truth we are ever one with Him and His energizing power.

The person who has reached the consciousness of Christ and of identification with His life need never know fatigue or disease. The life of Christ is ever the source of his life.

With thee is the fountain of life.—Psalms 36:9.

WEDNESDAY, FEBRUARY 14

*Through the love of Christ, I am freed
from every unloving thought.*



HERE IS but one antidote to hate and fear. It is the consciousness of love. To be aware of love and its power is to lose sight of all belief in the power of hate and fear. We cannot be unkind toward others when we love. We cannot think unloving thoughts and at the same time think Truth and love.

Psychologists agree that love is the key to all personal problems. Metaphysicians name love as the remedy for all diseases. We can see that many things can be accomplished through love. When every other method fails, we resort to love and find that we get results.

Love seems to be almost synonymous with Christ. Jesus came bringing the message of love to mankind. When we reach the Christ consciousness we are quickened to a realization of absolute love. We reach those heights of love from which we view all things in a loving relation.

The love of Christ within us is mighty to free us from every bondage or adversity. We have but to feel the love of Christ in order to know that we are victors over every form of limitation. Through His love we can do all things.

Forbearing one another in love.—*Eph. 4:2.*

The perfection of Christ in me causes me to behold within me my own God-given perfection.

WHEN YOU think of yourself as imperfect, you think contrary to the Truth of Christ. When you think of your shortcomings or imperfections as real or true, you think in opposition to the mind of Truth. You are the perfect child of God, created after Him, perfect and whole.

To speak of man as imperfect is to blaspheme and to speak contrary to the decree of God. To speak of yourself or others according to the limitation of mortal conception is to act against Truth and in opposition to Spirit. Every word that denounces the perfection of man is a word uttered against the Holy Spirit.

The man who presents the picture of disease is imperfect according to mortal standards. He needs to learn the Truth of Christ and to behold himself as he exists in Truth. He needs to body forth the image and likeness of Christ within him. He should learn to bring forth the likeness of Christ implanted within him.

Think often of the perfect man of God, the only creation of the Father. God knows not man as diseased or imperfect, neither should you know man as such. God's creation is always good, always perfect.

Let us press on unto perfection.—*Heb. 6:1.*

The righteous judgment of Christ is now bestowed upon me, and I have good and righteous judgment.

DO YOU need to have better judgment in your decisions? Do you feel that you are not always wise in your choices, always righteous and good when dealing with others? Turn in thought to the judgment of Christ. It is yours. His good, wise, and righteous judgment exists in Christ consciousness for you.

Many persons are lost when they need to make decisions. Only with difficulty can they choose the better of two propositions presented to them. They become confused and through their confused state of mind are led farther and farther away from the right decision. They need to get quiet and let the judgment of Christ express itself. They need to rise out of personal judgment and feel that the wise and righteous judgment of Christ is commanding the situation.

The judgment of Christ is always good, always wise, always loving. When you decide according to the Christ standard, you cannot make a mistake. You cannot be unhappy when you are guided by Him. Your affairs take on a prosperous atmosphere when they are ruled by divine judgment and justice.

True and righteous are his judgments.—Rev. 19:2.

*The Spirit of the Lord now directs me
into the way I should go, and my path is
one of peace, joy, and plenty.*

HAVE YOU found your path in life? Remember that the Spirit of the Lord directs you in a way where is found your perfect happiness. This way is one of pleasantness and plenty. Until you find it you will be lost. Until your feet are placed upon it you will be discontented and unsuccessful.

The way of Spirit is always illumined. The light of the Spirit removes darkness and obstacles from it. Your path always lies ahead, forward, and upward. On this path you can direct other souls to their highest good. You have power to help them find their paths and to discover peace and plenty.

The Spirit of the Lord is ever at your side directing you into that which is for your highest good. It brushes aside every barrier to your advancement. When in spiritual consciousness, you realize the mighty truths that direct you into the way of Spirit.

In the stillness of your soul, ask to be directed to your highest good. Seek to be shown just what you should do today in order to benefit yourself and to be of help to others.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

SUNDAY, FEBRUARY 18

In the consciousness of eternal newness, I am renewed day by day.

IN THE consciousness of newness, there can be no belief in age, mental "crystallization," or decay. The renewing power of Spirit renews us mentally and physically. No stagnating belief can cause us to think of age as real and true when we perceive the ever-renewing, ever-regenerating power of Spirit.

Truth renews us through supplying us with new ideas. These in turn renew us in mind and in body. One cannot become crystallized mentally and physically who thinks new thoughts. These cause the renewing power of Spirit to become active, and a feeling of new life results.

We should cast out of mind every old and useless belief and make room for the renewing and regenerating power of Spirit. Only through an open and receptive mind can this work be done. Only through thinking new thoughts can we cooperate with Spirit in its work of renewing us.

Think of yourself as eternally renewed. Know that God's will is for you to be renewed moment by moment. Admit to mind no thought that would cause you to be bound to age and fossilization. You are this day renewed and reborn.

We serve in newness of the spirit.—Rom. 7:6.

Through the light of Christ, I am illumined and my highest good is revealed to me.



HE LIGHT of Christ put in man at the time of his creation is ever with him to direct and guide him, to reveal his blessings to him. Without this light, he would be placed in a world darkened by ignorance. He would be helpless and unable to find his good, the blessings of his Father and Creator.

The light of Christ reveals to us that which would remain hidden to us without its possession. We would be in a world of plenty without being able to perceive it or to find what is rightfully ours. Truth could not be revealed to us without this illumination. We could not be inspired without the light of Christ.

The light of Christ was placed at the heart of man's being. Man has but to turn from the sense of darkness in order to find and to possess it. He has but to know that the light of Christ within him is ever his source of illumination, revelation, and inspiration.

What do you seek today? Let the light of Christ reveal it to you. Nothing can be hidden from Christ. Nothing can be hidden from him who knows that he has the light of Christ.

Then shall thy light break forth as the morning.
—Isa. 58:8.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

February 20 to March 19



HEALING

*I am a mighty tower of strength and
stability in the realization that God is
my health.*



PROSPERITY

*I am a mighty tower of strength and
stability in the realization that God is
my unfailing resource.*

The Spirit of Christ in me is the Spirit of health, ever inspiring me to acknowledge my health and wholeness.

WHEN YOU believe in disease you fail to acknowledge your divine birthright—health and wholeness. When disease appears to be true, you are thinking in opposition to the truth about health. Your duty is to know that in Spirit you are whole and well. You must cling to the truth about your health even though according to appearances you may manifest weakness and disease.

The Spirit of Christ in you is the presence of health. You become whole and well when you turn from the belief that disease is present within you and realize that Christ is present as your health and wholeness. He is the Great Physician. He is the source of your health.

Live in the realization that you abide in conscious communion with Christ, that His health flows in and through you, that you are quickened to wholeness. Live in the consciousness that only health is true, that only the presence of Christ within you as your health can be real to you. This is the most powerful metaphysical treatment you can use. Every treatment points the way to this simple realization.

Behold, I will bring it health and cure, and I will cure them.—*Jer. 33:6.*

I rise out of all belief in lack and prosper because this is God's will for me.



EVER THINK of lack as God's will for you. Never think of man as more spiritual because he lives in poverty. The blessings of God are on every hand. Everything attests that the bounty of heaven is being showered upon man. Nothing but man's limited idea can hold him in lack.

Prosperity comes through rising out of all belief in lack and perceiving the bounty of God. We reject the thought that would make poverty real to us and behold our prosperity appearing as the reality of God. We rise out of the belief that lack is God's will and behold ourselves as accepting the bounty of God.

The blessings of God come to us in the form by which we best can be served. Nothing is withheld from us when we perceive this truth. We cannot lack when we are in the prosperity consciousness. We cannot be deprived of any good thing when we abide in the consciousness of All-Good.

To quicken yourself to the realization of prosperity, think often about the bounty and blessings of God. Admit to mind no thought that would limit God's love for you.

I pray that in all things thou mayest prosper.
—III John 2.

*The Truth of Christ now dawning
upon my consciousness frees me from
every belief in sin, evil, disease, or lack.*



THE TRUTH of Christ is the Truth that delivers us from false beliefs. We cannot believe that sin, evil, disease, and lack are true, that they exist in Spirit, when we realize the goodness of God. Truth causes us to know that all that is unlike it cannot be true and real.

The Truth of Christ frees us from misconceptions that would cause us to be unhappy and unhealthy. Jesus came to suffering mankind, men suffering from the effects of their adverse beliefs, to bring them divine Truth. He gave them the healing Truth that set them free from beliefs that cause disease. He gave them the Truth that relieved them of fearful thoughts.

We think of Jesus as the Savior because through the Truth He brought us we are delivered from all forms of adversity. His Truth saves and delivers us. It delivers us from believing that adversity has presence and power in our life and establishes itself as the only presence and power. In this way, Christ, Truth, reigns supreme.

Grace and truth came through Jesus Christ.
—John 1:17.

FRIDAY, FEBRUARY 23

Christ in me ever prevails as the presence and power of good.

INSTEAD of thinking of yourself as evil, sinful, or diseased, turn in thought to the presence of Christ within you. Observe your spiritual nature. Behold the Christ in you as that which is perfect and entire, unaffected by your limited beliefs about yourself.

Christ in you is the presence of peace, light, love, and life. You have but to turn to this presence to identify yourself with it. When something appears to be un-Christly in your life, turn to the presence of Christ. Turn to the very presence and power of heaven existing at the heart of your being.

Let Christ represent to you all that is noble, holy, and good. Turn to Christ when your vision is drawn to sordid things. Lift your eyes to Him when your vision seems to turn to ignoble or debasing things. Let Christ prevail in your consciousness as the realization that good does prevail.

Christ is the presence and power of good within you—good omnipresent and omnipotent. Nothing can withstand the power of Christ. Nothing can oppose His certain working for your highest good.

They lived, and reigned with Christ.—*Rev. 20:4.*

*Nothing has power to make me tense,
because I have learned to rely upon God
in all things.*

MENTAL and physical tension results when we think of external things as having power to disturb us. Such tension comes when we fail to trust God. We become tense because we do not rely upon God and His goodness.

Practice relaxation often. When you feel that you are becoming tense in mind and in body, stop and relax. Seek to feel the presence of Christ within you. Know that this presence is the presence of peace.

Let the government of your affairs be given up to Christ. Do not feel that there is any occasion for anxiety when He is in charge of you and your life. Realize that you do not have to be tense and that you can change the condition of tension into one of relaxation and peace through your understanding of Truth.

Never attribute to persons or things the power to disturb you or your affairs. Nothing in all this world has power to affect you. Only your mistaken belief can do so. You can change the belief that things disturb you to faith in Christ within you. You can see the salvation of God now appearing in all your affairs.

The government shall be upon his shoulder.
—Isa. 9:6.

SUNDAY, FEBRUARY 25

Instead of condemning the evil, I rejoice to praise the good in others.

IF YOU are given to condemning others, you can free yourself of the habit by learning to look for the good. Instead of holding the evil up for attention, emphasize and magnify the good. Call attention to the good qualities to be found in others.

You have no right to condemn another. If he seems to fall short of your personal standard, that is no reason for condemning him. He is not answerable to you for his personal behavior, and his falling short of your standard should not disturb you in the least.

Those who condemn others fail to see that they have no right to do so. They have no right to overlook the good and emphasize the evil. They are unable to see into the hearts of those whom they condemn. They cannot judge another person unless they can see life from his viewpoint.

Through the power of praise, we cause good to increase. When we praise another, we cause the good in him to be so magnified that we lose sight of that which we have considered evil. The good becomes so evident that eventually we see only good and know only Truth.

There is therefore now no condemnation to them that are in Christ Jesus.—*Rom. 8:1.*

The forgiving power of Christ in me makes me forgiving, and I readily forgive.



CAN YOU readily forgive? Can you easily wipe from mind the memory of another's having offended you? Or do you harbor the memory of what another said or did and continue to believe that he harmed you by his word or deed?

In order to forgive, you must replace this disturbing memory with the truth and a thought of forgiveness. You must exchange your thought about this person for a spiritual thought, one that embodies love and forgiveness. You must cease to think that you have been personally injured and realize that in the sight of God there was no offense. In Truth, as a child of God you cannot be injured by what any person thinks, says, or does.

Cease to think according to personal standards; to believe that another has harmed you and that you should withhold your forgiveness. Let the Spirit of Christ within you love and forgive him. Let the unpleasant memory be replaced with the consciousness that Christ in you has completely wiped from your memory the unforgiving thought.

Repent therefore of this thy wickedness, and pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—*Acts. 8:22.*

TUESDAY, FEBRUARY 27

The stillness of the presence of Christ within me makes me still and quietness pervades my world.



TURN AWAY from the noise and confusion of the world about you and turn to the presence of Christ within you, the presence of perfect quietness. In this presence you will lose all sense of confusion. As you abide in the presence of Christ, you will find that you become quiet in mind and in body.

When things of the outer world disturb you, turn to the presence of Christ. In this presence you will find the very stillness of heaven. No disturbing thought can reach you when you abide in Christ. Nothing of the external world can disturb you when you realize that you are one with the Spirit of peace, quietness, and stillness.

Abiding in the stillness of Christ, you receive power to command your world. Living with Him in quietness, you find that you are in soul communion with the very Spirit of Jesus. In this close relationship, you are akin to all that is good. You are at one with the goodness of Christ.

In the quietness of the inner presence, you emerge into a new world. You find that the quietness of Christ creates quietness for you.

Be still, and know that I am God.—*Psalms 46:10.*

*The Spirit of Christ gives to me today
the blessing I seek and need.*

ALWAYS think of Christ as giving Himself to you in the way in which He best can help you. Realize that every blessing is but the manifestation of Christ. Know that that which you ask and seek of Christ is yours for the asking and the seeking.

In prayer we realize our interrelation with Christ. We find that we commune with Him and in so doing realize our oneness with the very blessings of heaven. In this high realization we behold that which we have hoped for, that which has been the object of our prayers.

Asking something of Christ is inviting it to come to us. We become receptive to the blessing we seek and discover that it is becoming manifest as our own. We can see that prayer is entirely positive. Prayer is a conscious realization that the blessing we desire is coming to us. By prayer, we brush aside any obstacle that would hinder the flow of God's blessings to us.

Asking in the Spirit of Christ assures us of being answered. Christ's blessings cannot be withheld from us when we are in the Christ consciousness.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

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